

WOMAN'S HERALD

Devoted to the Household, the Fashions and the Activities of Women.

MARY MARSHALL, Editor.

DAILY DEPARTMENT OF THE WASHINGTON HERALD.

Correspondence is invited. Address all communications to the Woman's Editor of The Washington Herald.

TUESDAY, JULY 20, 1915.

"First in the Shell Factories."

At the big meeting of women in London last Saturday when a host of English women signified their willingness to help their country to fight the present war, one of the suffragists, who had not entirely abandoned the crude methods of the days when militancy was still in order, interrupted Lloyd-George to cry:

"We want the vote."

In the old days Lloyd-George might have given the signal to have the interrupter bodily removed. But times are different now.

"We want you in the shell factories first," was his good-natured reply.

What did Lloyd-George wish to indicate by that final word of his remark. First in the shell factories, and when the war is over—what then?

If you are rich it is ten to one that you are eating too much. If you are poor there is every reason to believe that you are not eating enough, and either of these abuses will tend to shorten the years of your life. At least that is the opinion of Gen. William C. Gorgas.

Isn't it a fact that women of leisure, women of society, do habitually overeat, not through choice, but through the convention that centers most of our social activities around the flesh pots. Dinners, luncheons, teas, weddings, receptions—all the activities of society—are accompanied by more or less hearty eating.

Gen. Gorgas says that he always stops eating when he ceases to feel hungry, and he gives this as a good rule for the regulation of the amount we eat. But isn't it a fact that there are a great many men and women in society life who could not very easily adopt this rule?

If, for instance, you cease to feel hungry after the fruit cocktail at a luncheon given in your honor, you would hardly have the courage to simply suspend operations for the rest of the meal; and the man in public life who confined his eating at the large banquet at which he was guest of honor to a slice or so of toast and a tart apple because he, like Gorgas, had ceased to eat his heavy meal in the evening, might gain the unwelcome reputation of being a dyspeptic.

But it is a good idea, this idea of Gen. Gorgas, and we every-day people whose lives are not one round of social entertaining may be thankful that we can take advantage of Gen. Gorgas' words of advice.

Women's Feet to Be Smaller.

An English scientist declares that women's feet are growing smaller. He claims that a study of former types of feet goes to prove that the feet of modern people are more shapely than those of their ancestors or those of the savage races.

DAILY FASHION NOTE.



The fashionable cord shirrings are attractively exploited in this cunning empire dress, with round neck and puff sleeves. It is made of all-over embroidery, one yard 36-inch material being required for the waist and 2-3 yards 24-inch flouncing for the skirt. Pictorial Review Empire Dress No. 2818. Sizes, 4 to 14 years. Price 15 cents.

Pictorial Review Patterns On Sale at S. KANN, SONS & CO.

FOR YOUR OWN DRESSMAKER



An unusual blouse for \$5 made to individual measurement. This attractive blouse requires two and a half yards of white batiste (\$1.25), a half yard of colored batiste for vest and buttons (25 cents), and linen buttons and moulds (11 cents).

A colored cording of batiste may outline the collar, epaulettes and cuffs of this batiste blouse costing \$8. For it are required two and a half yards of batiste (\$1.25), half a yard of colored batiste (25 cents), and buttons (10 cents).

A blouse of striped handkerchief linen made to individual measurement costs \$5. It requires two and a half yards of striped material (\$2.13), one yard of plain linen for collar, cuffs, tie and bands (75 cents), and one-eighth of a yard of batiste (15 cents) for vest.

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July 20—Francesca Janaschek.

"She is one of the few actors I have seen in my time who have thoroughly known how to unite the most intense truth of feeling with nobleness of form and perfect training, to infuse into the simplicity, exactitude and moderation of the realistic school the divine fire of genius."

This is an estimation of the acting of Janaschek made by James Mills Pierce, of Harvard, and no more than does justice to the talented actress, who was born July 20, 1859. Her name in full was Francesca Romana Magdalena Janaschek and she was born in Prague, Bohemia. In her girlhood she was given a remarkably thorough musical education and first appeared as a pianist. Then she turned her talents to acting, and at the age of eighteen she made her debut. She was especially admired and encouraged by Ludwig, the "mad king" of Bavaria, who honored her with lavish gifts and royal praise and encouragement.

When she was thirty-seven Janaschek came to the United States with her own company and, though first acting in her native tongue, she determined to master the English language so that she could be a full-blooded English-speaking actress. Six years later she had thoroughly accomplished her task and was seen to great advantage in the roles of Lady Macbeth, Mary Stuart and Meg Merrilies. "The Woman in Red" was another successful play.

Janaschek was undoubtedly one of the greatest actresses of all time, and her success was due largely to her patient industry and the wise use of her great talent. It has been said that no actress of her century did more to elevate her art. In tragic roles she was supreme, and in the portrayal of the parts of Medea and Bunnihilde she was at her best.

(Copyright, 1915.)

TOMORROW'S MENU.

"It is a true saying that we must eat many measures of salt together to be able to discharge the function of friendship."—Cicero.

BREAKFAST.

Orange
Popovers and Cream
Omelet

LUNCHEON OR SUPPER.

Left-over Hash
Orchard Toast
Sprinkle Salad
Macaroni and Milk

DINNER.

Clear Tomato Soup
Roast Beef, Baked Potatoes
Onion Fritters
Lettuce and Mayonnaise
Peach Ice Cream

Popovers and cream—Make popovers in the following way, bake and serve hot with sugar and cream: Sift together three teaspoonsful of baking powder, half a teaspoonful of salt and three cupsful of flour. Beat the yolks of three eggs light, add a tablespoonful of melted butter and three cupsful of milk, and stir into the flour. Then fold in the white of three eggs beaten light.

Odds and ends hash—Fragments of meat and poultry of any sort, carrots, beans, spinach, tomatoes, potatoes, egg plant, cauliflower, asparagus or green peppers may be used. Chop everything together, season with pepper, salt, onion juice, add a cupful of rich stock or gravy, heat thoroughly and serve on slices of toasted graham bread.

A can of spinach, drained of the water and dressed with French dressing and boiled eggs, makes a good side dish for the odds and ends hash. Onion fritters—Slice onions across and then pull them apart and drop the pieces in batter made of the whites of two eggs, half a cupful of milk, two heaping tablespoonfuls of flour and half a teaspoonful of salt. Mix in all the onions the batter will take and then cook by spoonfuls in hot fat.

Oil Rates Unreasonable.

Existing rates on fuel oil, refined oils and engine distillate from producing points in California, Kansas and Texas to Arizona points yesterday were declared unreasonable by the Interstate Commerce Commission, and rates ranging from \$5 to \$6.75 per ton were prescribed.

Grain Allowances Canceled.

Proposed cancellation of existing allowances for elevation of grain and seeds when not for export at Kansas City, Mo., and other points, when such shipments are destined to points west and south-west of the Missouri River and in Louisiana west of the Mississippi River, yesterday was declared justified by the Interstate Commerce Commission.

A SUFFRAGIST REPLIES.

Suggests a Reason Why Much Has Been Accomplished Without Vote.

The following is quoted from a letter addressed to the editor of this page received yesterday from one of the readers of the Woman's Herald:

"In your editorial of last Saturday you say that much has been accomplished for women without the aid of woman's vote. Perhaps it is because men (thanks to the suffragists), have at last partly awakened to the fact that only one-half of our children are girls and that men are only boys grown, just a little more, and that the preservation of their own sex makes better laws and conditions for women absolutely necessary. The Bible tells, and millions of people believe it, of a man who had no earthly father, but even those early Christian fathers knew an earthly mother was quite necessary."

"Oliver Shiner says, 'He who says a word for women says two for men and three for children.'"

I. M. W."

Aviators Get Big Pay Increase.

The 50 per cent increase in pay provided by Congress for officers of the Navy and Marine Corps detailed as aviators does not include the 20 per cent increase allowed all officers on sea or foreign duty. The 20 per cent may be computed in addition, according to an opinion rendered Secretary of the Navy Daniels by the Comptroller of the Treasury Downey yesterday.



SUSANNA COCROFT

HOW TO BE HEALTHY

WOMEN, RELAX.

(Copyright, 1915.)

I have just read an extremely clever article by Dr. Squire Sprague, the distinguished editor of the English medical journal The Lancet in which he deprecates the fact that so few women can relax over such simple things as reading a book.

I wish I could reprint the article in its entirety, for it was not only absorbingly interesting, but highly instructive as to the necessity for, and advantage to be obtained by, relaxation.

Serious women—that is, that class of women that are engaged in scientific or professional work or study—cannot or do not relax over trifling things as do serious men. Women take life more seriously than do men. Time was when they considered it a crime to be caught idle or playing.

It is a great pity, for the deeper or more abstruse the study, the greater the need for an amusement that performs

its duty—that of entertaining and holding our attention—without the necessity of thought on the listener's part.

The author of the article I mentioned deprecates the idea of all sorts of amusements, but in his opinion omitted to touch on what might very readily be the real reason. It has been given to men to do as their work the more serious and scientific things of life. Of course, one can pick out, as noble and striking examples, such women as Mrs. Currie, the discoverer of radium; George Eliot, the woman writer; and many other wonderful women, but until recently it was very much the exception and not the rule for women to be encouraged to use their brains.

As it has been the rule and custom for centuries for men to be taught at school, and later in life encouraged and helped in their pursuit of the deeper studies, it is not a safe and logical conclusion to reach that as their minds and brains have been trained for ages to study it will therefore come more or less naturally—in other words men will not take serious things so seriously as will women to whom it is a comparatively new phase of life. So then men are able to throw off, with their business coats, their mental attitude of study and relax over some trashy novel, and that relaxation is a life-saver for them.

Women, on the contrary, give themselves body and soul to their chosen profession for study, and make study the keynote of their existence. When they go to a play, it is the problem it presents that interests them; they do not look at a famous painting, they cannot merely enjoy it as a beautiful color scheme, grandeur of outline alone will not appeal to them, but it is the thought it presents that they must explain and unravel to themselves. Same with a novel. Seldom do intelligent women read for the sake of frivolous amusement. They choose books that will help and instruct.

All this is not right. Do your day's work, then relax; don't try to let your mind be a blank, for by that very effort your object will be frustrated, but do let the trivial things amuse and interest you. Sometimes it is the very little things of life that turn out to be big, but don't always be searching for them, read a little love story, simple and sweet, enjoy it, and don't be searching for the "reason" of it or that.

Remember that the tension of brain determines the tension of body and that the body cannot perform its work of digestion, assimilation, elimination, etc., properly if held as a vice by the nervous more than a horse can travel if held up by a tense rein.

Answers to Correspondents.

Miss Coccroft will endeavor to answer all questions relating to her department as promptly as possible. As it will not be practicable to print an answer to every inquiry, a stamped envelope should accompany each letter. All letters should be addressed to Miss Susanna Coccroft, care of this paper.

Short Hair.

Mrs. W. M. writes: "Kindly tell me of something to make my hair grow long and thick. I have no dandruff, no falling hair, but it is short and thin." As long as you have no dandruff and your hair does not fall out you should turn your attention to your general health, to exercise, diet, fresh air and activity of the skin. Build up your nervous system by rest, relaxation and good food. Form the habit of deep breathing, exercise with the fresh air circulating around you and do not forget the salutary effects of happy pleasant thoughts and deeds on the body. Massage the scalp well, thus stimulating and invigorating the circulation, and keep the scalp clean and free from dust. If you follow these directions you should see an improvement in the general condition of your hair.

Freckles.

C. H. L. writes: "Can you kindly furnish me, through the newspapers, a recipe for the removal of freckles? By doing so you will greatly oblige." Freckles can be removed entirely unless the cuticle of the skin is also removed, but the bleaching cream given below will greatly help if used faithfully and persistently.

Mercury ammoniated, one-half dram; bluish sub-nitrate, one-half dram; ointment of rose water, two ounces. Label the pot and be sure not to use it near the eyes or mouth. It is equally good for sunburn and neck and face discolorations.

Stamford, Conn.—Mrs. Harriet Chadwell.

Mrs. Harriet Chadwell, 73, well known to Stamford, Conn., is still talking about the novel "mourning" costume worn by Mrs. Ralph Thomas at the recent dog show. Mrs. Thomas appeared in a costume entirely of white, with a white hat and veil of white crepe and chiffon. Mrs. Thomas was one of the judges in the show.

MRS. RALPH THOMAS.

New York, July 15.—Society at Southampton, Long Island, is still talking about the novel "mourning" costume worn by Mrs. Ralph Thomas at the recent dog show. Mrs. Thomas appeared in a costume entirely of white, with a white hat and veil of white crepe and chiffon. Mrs. Thomas was one of the judges in the show.

HOUSE-WIVES DAILY ECONOMY CALENDAR

THE SUMMER BEDROOM.

By all means change the arrangement of your beds for the hot weather—not perhaps for all summer, but for the warm days that are so apt to come in July and August. There is practically no danger that you will suffer from a draft now so turn them with the mouth at the window. If you have only one window in your room it will be well worth while to put the bed directly in the window, where whatever a stirring wind comes directly into your lungs and fan the bed as you sleep. Of course such an arrangement rather mars the symmetry of your room, but the chief object, is not, to secure summer comfort when the hot wave comes?

Another thing that has been done with very good effect by way of securing cooler bedrooms is to have the entire windows taken out. This sounds impossible, but it can be done, and in their place a screen placed from top to bottom of the frame. This just doubles the amount of your ventilating space. If you have outside blinds you can depend on them to keep out the showers. If not, by keeping furniture out of the way of the window and covering the window sills up when it showers no damage can be done.

Often the window shades keep out a good deal of air. The very sound sleeper does not need the protection of dark curtains in the morning, but if he does it is better to get the desired protection from the sunshade by means of a movable screen that may be placed near the bedside without impeding the current of air at the window.

Of course, take up the bedroom rugs in the summer, leaving down possibly one small light one at the side of the bed. Put away any fancy bed trimmings. For the hot weeks the thinnest sort of white dimity bed spreads are all that are needed and plain linen pillow cases are better than all the lace and frills that can be bought. Did you ever know how much cooler linen sheets are than cotton ones? It is a bit of an extravagance, but if you must needs stay at home and sweeter perhaps you can afford a little self-indulgence. Linen sheets wear so long that they are quite worth the original outlay. A frequent change of sheets adds a great deal to securing summer comfort, and when you think how small is the cost of having a sheet laundered you wonder why you begrudge three or four changes of sheets a week when the nights are so hot.

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HOROSCOPE.

"The stars incline, but do not compel."

Tuesday, July 20, 1915.

Good and ill contend today. Early in the morning Neptune and Uranus are strongly adverse. In the afternoon Mercury and Saturn are in benefic conjunction. It is a lucky day for writers, editors and publishers, but they are warned of changing conditions in which they will meet with losses to naval matters. Actors and singers should be lucky through contracts made under this rule.

Neptune is in a place precluding more serious inroads to naval matters. The configuration indicates diplomatic complications in which an Oriental nation is concerned indirectly.

There is a sign real as foreshadowing disagreements and inharmonies in council of state. One or two cabinet officials are subject to the evil power of Uranus.

An English astrologer prophesies a sensational event in which a statesman long a leader loses caste.

The stars which give warning of a tendency toward gossip and criticism are read as foretelling scandals and libel suits among persons in high place.

The death of a woman who has won fame is prognosticated and honors for a girl are predicted.

Mercury in benefic aspect with the Moon today is believed to be most favorable for making purchases, seeking literary employment and traveling. There is a fortunate sign for the Panama-Pacific Exposition.

The death of one of the world's foremost financiers is prophesied. Critical crises in various churches are indicated by the planets. Catholic and Protestant will suffer alike, the seers warn.

Danger from the spread of fever and other diseases will menace southern cities and those of the Pacific Coast. Novel uses for motion pictures are prognosticated and new inventions are promised.

Persons whose birthdate it is may meet many annoyances in the coming year, but travel and change are foreshadowed.

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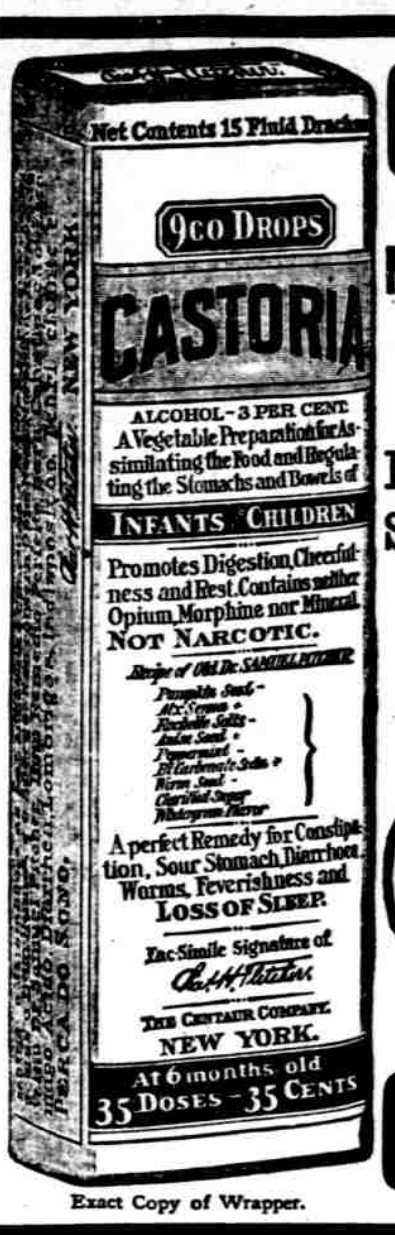
FALL TAILORMADES HAVE SHORT SKIRTS



Smart simplicity characterizes an early fall model of seal brown gabardine.

Short skirt lines and an exaggerated coat flare characterize certain of the tailormade models being advanced for fall recognition. By contrast, the skirt appears narrower than those of last season.

As indicated in the sketch, the jacket is a seamed model, which insures fitted lines, more in sympathy with the slim-line English tailormade than has been in evidence for several seasons. The collar and revers are self-faced and the jacket lining is in doll brown satin that just matches the tone of the gabardine.



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DAILY SHORT STORY

Aunt Jennie Intervenes.

By M. DIBBELL.

It would have been hard to find a more disgusted youth than was Alfred Gibson as he slouched along a dusty country road. When nearly an hour earlier he had alighted from the train, expecting to find his uncle's team in waiting for him, not a solitary turnout was visible; and as the tiny village boasted no livery stable, this meant a six-mile tramp to his uncle's farm.

No rain had fallen for over two weeks, and it was not long before Alfred's perspiration face began to assume a streaky look from the setting dust. Fortunately he possessed a sense of humor, which began to assert itself, and a smile showed through his frown as he said to himself: "Bless if I don't play them a little joke for this. If they are not willing to receive a nephew in a sedan chair, I'll send a disagreeable one over. Can't look much worse than I do, anyhow."

He proceeded to remove cuffs, collar and necktie, turn up his coat collar, and, rumple his hair, till his soft hat, punched all out of shape, far over one eye.

Before long the tall white gates of Biglow Farm loomed up before him through the descending twilight. Assuming the wanderer's slouch, Alfred went up the long drive and, after a moment's pause, he knocked vigorously at the kitchen door and knocked vigorously.

Then waited in mischievous anticipation of the surprise he should give Melissa, the girl who had been his playmate since childhood.

"Good evening," she said kindly. "Can't do for you as to the yard?"

"But all Alfred's ideas as to the yard he should tell Melissa if he succeeded in concealing his identity had vanished.

"I beg your pardon, but I am Mr. Biglow's nephew," he explained.

An astonished expression flashed into the girl's eyes, but she replied: "Come in and I will call him. He is with Aunt Jennie."

Feeling decidedly small, Alfred entered the kitchen and seated himself near the door, while the girl went in search of her uncle. She ran swiftly up the stairs and into the room where Mr. Biglow and Melissa were in attendance on Mrs. Biglow, who had sprained her ankle.

Mrs. Biglow was finishing the supper Melissa had brought her when her niece entered.

"Oh, Uncle John, do please come downstairs right away. There is a poor, miserable looking man there, who says he is your nephew; and I thought the best way to soothe him was to pretend I believed it and come for you."

Mr. Biglow rose at once, saying, "You were right, my dear, and we will soon find out who this impostor is."

Alfred, meantime, was making the most of his solitude. The instant the door closed he gave his face a vigorous scrubbing, smoothed his hair, replaced his collar and was adjusting his tie before the small looking-glass when his uncle and the strange young woman appeared.

The change produced was almost equal to one of the lightning acts of a stage professional, and Mr. Biglow advanced saying: "Well, Alfred, I don't see but that you look natural. I guess the sudden entrance of a stranger must have given Sydney a scare."

Alfred felt decidedly foolish as he encountered the look of bewilderment in Sydney's eyes.

"I looked badly enough to frighten anybody when I came in, uncle," and then he explained his intended joke on Melissa. "I was nearly a week ago I wrote you of my coming, and when no one showed up at the station I thought I would have my revenge."

Mr. Biglow laughed heartily. "We have all been so occupied in looking after Aunt Jennie for the last few days that no one has thought of the postoffice," he said. "Your letter is still there. But let me introduce you to your cousin by marriage, Sydney Thompson."

your niece until now?" asked Alfred. "I thought I knew all the family."

"Sydney has been studying hard for years, and has just finished his degree. But she feels the need of rest, and as her marriage will probably take place next spring, she concluded to give me a few weeks' leave."

Alfred felt as if the bright world had turned suddenly black. "I did not know she was engaged, she wears no ring."

"No," said Aunt Jennie. "Her marriage is really a family arrangement, and as she has known Matthew Chase all her life, she would not hear of a ring. He is years older than Sydney, but I hope he will make her happy," she sighed.

Alfred rose and said bitterly, "I wish you had told me sooner. Now that I have learned to love Sydney better than life it is hard to find she is bound to another man." He left his astonished aunt and strode savagely down the driveway.

Aunt Jennie gazed after him with mingled feelings of pity and dismay. "Poor Alfred, why did I not guess what might happen?" she murmured. She spoke aloud in her excitement, and received a second surprise when a soft voice asked:

"Oh, Aunt Jennie, why didn't you warn me, too?" Sydney came through the open door back of her aunt, and sank down beside her.

"There were tears in her eyes as she continued. 'I was just coming out to you, and could not help hearing what Alfred Gibson said when he left you. Oh, Auntie, I never do love Matthew.'"

Aunt Jennie was at her wits' end. "Don't cry, Sydney dear," she pleaded. "I am sure it will all come right. Have you learned to love Alfred?"

"I am afraid so," said Sydney, "for it made me feel so happy when he said he loved me—until I thought of Matthew. The tears came in a flood, and breaking away from her aunt, she fled into the house."

Left alone, Mrs. Biglow did some serious thinking, and apparently was satisfied with the result, for her troubled face grew calm, and rising she limped in to the big desk. She speedily wrote a letter, addressed it to Matthew Chase, and several days passed uneventfully. Sydney and Alfred, though apparently on friendly terms, took no more long walks or drives together.

In the fifth day after the sending of the epistle to Matthew Chase, Mr. Biglow handed Sydney a letter. "That was for you, too," he remarked.

Seeing it was from her future husband, Sydney sought her own room to read it. Mrs. Biglow was alone when a very bewildered looking man appeared. Sydney came to her after reading Matthew's communication.

"Aunt Jennie, I can't understand it," she began. "Matthew asks me to release him from his engagement. He says he fears he is too old to make me happy, and that he has always known I cared for him only as a friend. He thinks we would be wiser just to continue being friends. Do you suppose he has thought it all over since I came away and feels as I do?"

Aunt Jennie smiled. Her letter to Matthew Chase had been written in the hope that Sydney's happiness need not be sacrificed.

"Matthew Chase is a good man," she answered, "and I am sure he thinks of your happiness first of all. I think he has made a wise decision, Sydney, and you may feel you are doing right in ending your engagement."

Later Aunt Jennie told Alfred of this sudden termination to the engagement, and he went in search of Sydney. He found her in the old-fashioned flower garden.

"Aunt Jennie has told me that you are free, and I have come to ask if you can ever care a little for me, Sydney? I love you more than I can tell—I have known you since the nearest thing to earth to me since I first saw your face."

Sydney laughed happily. "The first time I saw your face it was so dirty—she began, but Alfred caught her in his arms.

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Lumber Rates Upheld.

The protests of the Lumbermen's Exchange of St. Louis, the Southern Hardwood Traffic Association, and many other Middle Western lumber interests against increases in rates on hardwood lumber from Southwestern points to Northern destinations granted to the Illinois Central and other large roads operating in that territory yesterday were dismissed by the Interstate Commerce Commission.

A house was nearly burned down in New York recently because someone had left a magnifying glass leaning against a wicker sewing basket. The glass caught the rays of the noon sun, focused them on the inflammable material in the basket, a blaze followed, and before the firemen put it out \$400 damage had resulted.